



December 2021

Storms, power cuts, gloriously warm sunshine, icy cold winds: November has thrown a punch, but December is here and **'tis the season!** As you'd imagine, there are lots of things going on in our wee town so do take a read below. But, before you do, could you take part in our short questionnaire? There are two questions below: click on answers that best represent you and we'll receive your response in email format.

We are looking into how we can improve the newsletter to ensure it's as good a read as possible, so watch this space for a small survey next year too to gather more info. Please also feel free to email us directly (editor@cromartylive.co.uk) or comment on Facebook if you have suggestions or would like to contribute.

1. How do you receive this newsletter?

A) I am a subscriber (direct e-mail)

B) I see a link on Facebook

C) A friend passes it on to me

2. How valuable is the newsletter for keeping you informed of what's going on locally?

A) Essential (it's my main source of information)

B) A useful addition to other sources

C) An interesting read but it's not really needed

Thank you! Now, back to business...

A Cycling Hero: Flora's Epic Challenge



Flora Thomson writes:

Well, that's Flora's Epic Cycle Challenge completed awaiting the final amount of monies raised but it looks to be around **£4,184** with the total miles cycled until November 11 adding up to **1,927!** Grandchildren Georgia (10), Isabella (7), and Adam (4) all cycled with granny into Newhall Mains followed by Fi Grist and the Cromarty Fire Brigade appliance (which Adam ditched his bike to have a ride in 🚒). We all left Cromarty for Newhall Mains passing Shoremill Care Home where the girls' mum, Kathrine, gave us a cheer. We then called in at Resolis Primary School and had a chat with the children before a quick stop at the War Memorial to lay a poppy cross to commemorate the end of the cycle challenge, the lives lost in the wars and the 100 year anniversary of the poppy. Onto Newhall Mains where I was met by family and friends and members of Poppy Scotland for a small reception. Malcolm Mcbean MBE (Rtd Colonel 1Highlanders Army Cadet Force) did the Remembrance address and Alistair Fox played the pipes.

Many thanks to Phoebe Fox for sponsoring the luncheon for the event - it was very much appreciated. Thanks also

to the team who gave me help and support during the challenge: Brian Hill for his mechanics on the bike and for joining me on cycles, especially during the last week when I thought I wasn't going to be able to finish it, as well as Fi Grist for her encouragement on cycles and having faith in me to complete the challenge. Thanks also to Phoebe Fox who also joined me on cycles, as well as Steven Gull, John Ross and Jimmy Fraser (Training Safety Advisor from 1 Highlanders' Army Cadet Force).

Also thanks to Wilma Stewart for the post box topper and for putting donations to the cycle challenge, and to Jane Scott for her crocheted poppies. All were very much appreciated. Thanks also to my friend Yvonne Fraser for her donations from her poppy face coverings at Tartan Creations in Dornoch.

Finally, a big thanks to each and every sponsor who donated to Poppy Scotland during the one hundred year anniversary of the poppy. I cannot thank everyone enough: I am absolutely overwhelmed by the generosity of everyone.



Flora with Wilma Stewart (left) and Alistair Fox (right). Well done, Flora!

Middleton Trust News

Gillian McNaught writes:

The MT Trustees held their AGM at the beginning of November and considered new applications for funding to support the young people of Cromarty through sporting,

creative and educational projects and activities. Trustees were once again delighted with the ideas put forward by Cromarty groups and are pleased to announce Middleton Trust funding awards will go to four organisations in the year 2022!

Cromarty Tennis & Sports Club has been awarded a grant for summer and autumn tennis coaching in 2022 for all school-age children, followed by Cromarty's own tennis tournament with trophies and prizes, 'Crombledon'.

Graffiti workshops, organised by **Cromarty Arts Trust** and led by an experienced local artist and graffiti writer, will be aimed at secondary school age pupils. It will be an opportunity to learn techniques and display a finished plywood artwork in a temporary outdoor exhibition in Cromarty.

Cromarty Primary Parent Team have been awarded funds to support outdoor learning in the Post-Covid Recovery Curriculum for P5-P7 pupils. This includes a day at Fairburn Activity Centre and residential stays at the Shieling Project and Loch Insh.

The Middleton Trust continues its investment in the **Cromarty Youth Café** which provides much-needed support for the wellbeing and needs of young people in Cromarty with a wide-ranging programme throughout the year.

Cromarty & Resolis Film Society receives their second tranche of funding for their 2021 project to work with older pupils at Cromarty Primary School, offering opportunities to experience all aspects of film. A recent activity celebrated Japanese film and pupils met a paper animator, watched a film made by her and tried out making origami of their own.

The Middleton Trust was established in 2012 by a generous gift from the late Henry McKenzie Johnston, in memory of his wife, Marian Middleton and all the Middletons of Rosefarm who loved Cromarty and its people. Its aim is to promote the social, educational, cultural and recreational development of the young people of Cromarty & District.

The MT Trustees would like to encourage all local organisations and groups to consider if the Trust can support your project in the year 2023-24. New applications will be opened in August 2022 and further details will be publicised in due course. For further information in the meantime, please visit the webpage www.cromartylive.co.uk/middleton-trust.asp for a list of previous award recipients or contact Gillian McNaught, Secretary, by phone on 01381 600337 or by email at middletontrust@gmail.com.

Business Updates



Many of the Cromarty shops will be offering a late-night/last-minute shopping extravaganza on **Wednesday 22nd**. Most of the advent windows will be on display around the town (more below), all the lights will be shining bright, and we are hoping to create a festive atmosphere in the streets! If anyone wishes to get involved with carol singing, playing live music or generally contributing to a good community gathering talk to Jon at The Cheese House or e-mail jon@cromartycheese.com. All ideas welcome!

Slaughterhouse Coffee

Slaughterhouse Coffee continues to be open 5 days a week from Thursday to Monday (9am to 3pm), closed on Tuesdays and Wednesdays. Now offering limited seating indoors, you can enjoy your coffee and cake by the fire - which is a welcome treat in the weather we've had recently! Or if you'd just like to swing by for a takeaway,

please do bring your own reusable cup and get started on your loyalty card points.

If you're thinking of gifts from the Slaughterhouse for Christmas, please don't hesitate to message via social media or email (slaughterhousecoffee@gmail.com) to reserve any items and avoid last-minute disappointment.

The Slaughterhouse will be open for an extra day on Tuesday the 21st December before closing for a winter break from Wednesday 22nd until mid-January (exact date TBC).

Thanks for all the support this year, and hope to see you over the festive period!

The Cheese House

We've made it to our 10th year! A very big thank you to everyone who has supported us over the last 9 years. We are proud to have played our small part in helping make Cromarty the special – and unique - place it is. This Christmas we will once again be doing home deliveries in the Black Isle – on Mon 20th December. Orders by Friday 17th please. This is also the last date for any postal orders.

Our opening times will be 10am – 5pm every day from Wed 15th until 24th. (Sun 19th opening at 12 noon). We will also be part of the late-night opening 6pm – 8pm on Wed 22nd. Between Christmas and Hogmanay (27th-31st) the shop will again be open 10am - 5pm.

To avoid the queues, we are happy to take pre-orders, which can be speedily collected via the back door. Give us a call on 600724 or e-mail jon@cromartycheese.com any time before 23rd.

Calluna

We are open daily 10-5pm with private shopping available by appointment - phone 01381 600 464 to book yours. Great fun evening to spend with friends or family!

Sutor Creek

It's starting to feel a lot like Christmas at Sutor Creek. Wood-fired Christmas Pizza is on now until the 23rd - topped with turkey, chipolatas, bacon, stuffing and

cranberry, it's a must this festive season! The deli is also brimming with lovely food & drink gifts for your Christmas shopping list.

Free delivery of take-away meals available Friday to Sunday 5-7.30pm: order your fish & chips, pizza, curry, vegetarian or roast meal to turn up at your door.

Open Wednesday to Sunday 9am to 8pm. Phone 01381 600 855 or order online at www.sutorcreek.co.uk

Festive Cards at the Emporium

Looking for some festive cards? Local artist, Izzy Thomson, has painted four designs: The Sutor Giants (below), The Emporium, The Courthouse and The Library. Find these in the Emporium, open daily Monday 12:15-16:15, Tuesday - Sunday - 11:00-16:00.



Cromarty Cinema

November has been packed with all sorts of varied activities at the cinema keeping our volunteers busy!

This includes Inverness Film Festival screenings + the launch of our special Japan Season + birthday party hires + schools workshops + a visit by award-winning animator Eleanor Stewart + drop-in sessions for the public. Eleanor returns in the new year to continue working with the primary school. Headteacher, Julie Dinwoodie sums up:

'We are so lucky to have these talented people to work with us.'

See below for our December and early January programme.



Cromarty Cinema

December / January 2022 Programme



Date	Time	Film	Rating	Duration
THU 02/12	19:00	Battle Royale*	18	1h53
FRI 03/12	19:00	Quant	12A	1h27
SUN 05/12	15:00	Dear Evan Hansen	12A	2h17
TUE 07/12	19:00	The Power of The Dog	15	2h07
THU 09/12	19:00	A Rowan Wards off Witches*	15	22min
		Teikō/Resist*	12A	10min
FRI 10/12	19:00	Gremlins	12A	1h46
SAT 11/12	11:00	Encanto	PG	1h48
FRI 17/12	19:00	C'Mon C'Mon	15	1h39
SAT 18/12	11:00	A Boy Called Christmas	PG	1h43
SUN 19/12	15:00	A Boy Called Christmas**	PG	1h43
FRI 24/12	19:00	House of Gucci	15	2h38
TUE 28/12	19:00	Lamb	15	1h47
THU 30/12	19:00	Pirates	15	1h20
SAT 01/01	19:00	Spider-Man: No Way Home	12	2h30
SUN 02/01	15:00	Spider-Man: No Way Home**	12	2h30
TUE 04/01	19:00	Hope	12A	2h06
		* - Japan Season		
		** - Captioned screening		

Adults - £7.50 Under 26 - £5.00 Friends - £6.00

For info on all films and to book tickets please visit our website:

www.cromartycinema.com

OR Eden Court Box Office at:

<https://eden-court.co.uk/booking-information>

OR Wednesdays in-person from 12:00-2:00pm at Cromarty Cinema Box Office.

Covid protocols in place for safety & comfort.

BECOME A FRIEND: For info on Friend's Membership, visit our website

www.cromartycinema.com

Harbour Access Road, Cromarty, IV11 8XZ admin@cromartycinema.com

Cromarty Harbour

Colin Dickie writes:

Work continues to move along in the harbour area. You will have noticed that we removed the new pontoons for safe winter storage which, given Storm Arwen, now seems like a sensible decision. You may also have noticed that our contractors have returned to complete the remediation works on The Mole. This new lime mortar looks to have been much more effective, although we will keep vehicles off the site for a couple of weeks to allow it to set. It does look so much better! You may also have

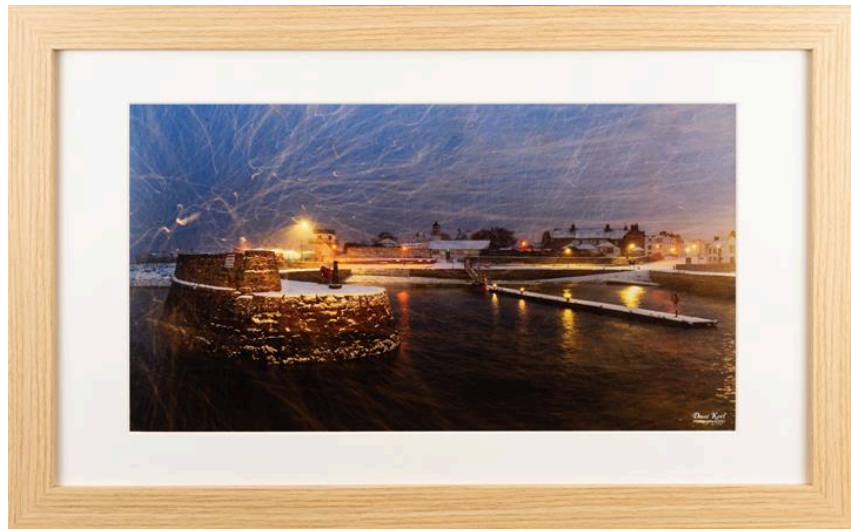
noticed that we have added two new ladders on each pier; this is was an overhang from our FLAG project from 2020 and forms part of our improvement programme.

The harbour is shortlisted for further HES grant which is estimated at £260k, with the need to raise the equivalent in matched funding. This funding is to finish upgrading all the pointing and voids in the 'old' sandstone areas of the harbour. Whilst I'm of the view that it isn't this high, it will still be a considerable amount to match fund beyond the reach of our serial participants of The Cromarty Trust and Friends of Cromarty Harbour. Much work is ahead of us.

It is primarily for this reason that the Trustees of Friends of Cromarty again invite you to support their latest fundraising efforts. Two winter portraits of the harbour have been captured by resident and volunteer David Kent; one for daytime, the other at night. The latter was shortlisted in the very recent Scotland Photography Photo of the Year awards, so it is great that David has allowed his work to be made available to a wider audience and to support a cause in which he quite literally sweats over. Thank you David.

Framed photographs are below and are available to physically view at Sutor Creek or virtually at our website at cromartyharbour.org. These retail at £40, but are also available unframed at £18. Just let Sutor Creek know or buy via the website. We realise that the fundraising is rather full on but just think of the movie 'The Money Pit': that's our harbour. Thank you for your support and thank you to Sutor Creek for exhibiting.





Framed photographs, taken by resident and harbour volunteer David Kent, are available to physically view and buy at Sutor Creek or virtually via our website at cromartyharbour.org.

Cromarty and District Community Council

Volunteers required for a fun afternoon on the 100 Steps: 5th December!

Hi everyone, hope this finds you all very safe and well. If anyone fancies a litter pick or a bit of digging to replace some of the damaged steps on the 100 steps path, we'll be up there again this Sunday, 5th December, from 1200-1500! We'll meet up at the South Sutor car park and work our way down. Thanks and see you then, Kari

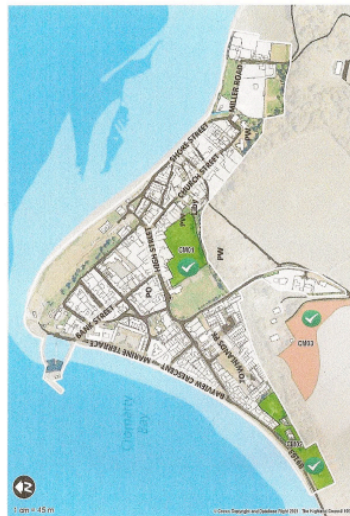
Inner Moray Firth Development Plan Final Proposals: What does it mean for Cromarty?

Earlier this year the C&DCC submitted its comments and requests as part of the Highland Council's consultation process to develop the new 10 year IMF Development Plan. These were published to the community at that time.

The final Highland Council (HC) draft proposals were recently agreed by the Black Isle Highland Councillors, before going for full Highland Council approval and then onward to the formal public consultation process. The whole process may take 12 months to be implemented.

Below is a 2-page extract of the Cromarty proposals contained within the Plan. The full 42-page document (covering the proposals for the whole Plan) can be found on www.cromartylive.co.uk

CROMARTY



Summary of Issues Raised in Comments (18 comments)	Recommendations & Reasons
<ul style="list-style-type: none"> Residents disagree with text's negative outlook for town. Should reference increased population, homeworking, good range of local facilities and tourist attractors, and employment prospects at Nigg. Affordable housing needed to retain and attract young people and families. Desire for control on holiday/second homes. Landowner and other support for CM03 especially for affordable housing (AH) and/or self build, other development already breached raised beach, close to centre, home working means less commuting, adequate sewerage capacity, offer of publicly accessible greenspace. Support for CM02 but should be bigger to meet known demand, concerns about landfill contaminated use, Business (B) use on balance of site. Plan should reference vital role of Nigg ferry as a sustainable tourism resource linking to NCS00 for Cromarty & Black Isle. Support for CM01 but design crucial. Want less intensive development because road access can't be improved without adverse impact. NatureScot seeks safeguarded and enhanced Green Networks (GNs) to connect the parts of the town. Cromarty & District Community Council oppose, CM03, support CM04 for AH & community use, CM02 should be for campervans and/or AH only. Seek better public transport, facilities, ferry service and infrastructure capacity. Suggest redrawing school catchments. Victoria Park & Links should be greenspaces. Owner requests CM01 extended to include Sandilands Barn for B and Community use. Support for improved ferry, bus, Active Travel (AT), EV charging, growing spaces links/facilities. 	<ul style="list-style-type: none"> Land at Sandilands is the best candidate for expansion because of its centrality and visual containment. However, it has road access limitations an effective solution to which requires the reconfiguration of the Victoria Hall recreational facilities. There is local opposition to such reconfiguration and it would impose additional development costs. The site should be extended to include the Barn but this isn't a practicable, principal, vehicular access route. To preserve the prospects of at least one effective housing site, land south of the manse is also proposed. The landowner has shown a willingness to commit to structural landscaping, AT improvements via the Faye and plots for self build by local people. The site is peripheral to the community and has landscape sensitivities but in the Council's view, is the next best, effective option. Otherwise, only smaller scale infill development below the raised beach is likely to be acceptable including land for visitor management facilities at Bayview Crescent. Amend preamble text to reference Nigg Ferry as sustainable tourism resource and journey to work plus homeworking. Enhancement of GNs to improve internal connectivity of town. Add contamination assessment for development of CM02. Extend Settlement Development Area to enclose CM03 and town-side land.

Placemaking Priorities

- To support growth via suitable infill development below the raised beach.
- To control the scale of growth within the limits of sewerage capacity.
- To encourage the sensitively designed development of the central Sandilands site or if it continues to prove ineffective then land south of the manse.
- To protect and enhance the town's heritage assets notably the conservation area, links and wooded margins. These wooded green networks should accommodate active travel routes to enhance the internal connectivity of the town.

Greenspaces Map

We propose that the Plan's new Greenspace General Policy (see Appendix 2) applies to the areas indicated on the map below.



Recommended Development Sites

Site Name	Acceptable Use(s)	Indicative 10 Year Housing Capacity
Sandilands	Housing, Community Business	33
Bayview Crescent	Community Business	n/a
South of Manse	Housing, Community Business	25

In general, it is clear that the C&DCC submission was listened to and many of our requests have been included in the HC proposals. However, there was one clear error of fact. Under the 'Summary of Issues Raised in Comments' of which there were 18 (including the C&DCC ones), it was stated that the "C&DCC opposed CM03". This was not correct. After consultation with Tim Stott (HC Principal Planner and author of the proposals), C&DCC was asked to clarify our comments to Black Isle Highland Councillors before they considered their approval. This was done and has therefore been corrected on the attached extract (highlighted in yellow).

The C&DCC had in fact not commented on CM03 at all, because it was outside the town's existing Settlement Development Area Boundary, which is marked in white on the attachment. C&DCC had purely stated that we supported CM01 and part of CM02 for Affordable Housing which should satisfy Cromarty's dire need for such housing, as opposed to any 'development for profit' that was already at saturation levels in Cromarty.

C&DCC now knows that the HC 'Recommendations & Reasons', stating that the CM01 (Jock's Field/Sandilands) had continuing problems, were a result of a meeting between the HC and Albyn Housing, who have reconfirmed that they are not presently able to consider developing this site. As a result, HC have turned their attention to the CM03 site because the landowner (McBean) was very open to considering an affordable housing development, under an official Rural Housing Burden managed by the Communities Housing Trust. These discussions are at an advanced stage and much work has already been done detailing the proposed development with a Call for Sites having already been submitted to the HC. As a result, the HC are proposing to extend Cromarty's Settlement Development Area Boundary. C&DCC is seeking further clarification on the reference to self-build units requiring Active Travel improvements to the Paye (where McBean also owns land).

The C&DCC is pleased that the HC has listened to its submissions and the CM03 proposals would provide the needed Affordable Housing which C&DCC are keen to support.

In addition, C&DCC's request for the Links, Victoria Park and the Townlands playspace to receive protected Greenspace status has been accepted and included. NatureScot's support on this proposal will have helped. CM01 will be left in the Plan, but is now regarded as a more 'long-term' project. The proposals for CM02 now contain a 'contamination assessment' to see if any development can be considered, in addition to the CDT's existing Campervan/Camping site proposals.

And finally, do you need to report a problem to the Highland Council?

Just a brief reminder for residents wishing to report problems to the Highland Council. Preferably use the website link: <https://www.highland.gov.uk/report> or call the Service Centre contact number 01349 886602 to request a repair. This is important as a reference number will be given. If not the resident should insist one is given. This reference number starts an audit trail that relevant departments, such as Housing, can and must follow up. If telephoning, residents may have to wait for their call to be answered or to call back at a different time. But do keep on trying until you get that reference number!

Cromarty Community Development Trust

Hopeful Funding News

You may remember that The Development Trust applied for (but didn't get) funding for a Development Officer post to take forward the work needing done by the Trust for Cromarty.

The Development Trusts Association for Scotland (DTAS) invited those Trusts who did well last time but didn't get funding to apply again. So we have - with a freshened-up application!

Thank you Nigel Shapcott

Nigel has stepped down as a Director of the Trust after several years of extremely hard work to develop and manage some of our key projects: a big player in the Slipways project, the main player in getting the Motorhome site to where we are now (ready to invite tenders), the main man in getting the Reeds Loop Path widened and resurfaced, as well as doing much of the work in shaping ideas for upgrading of the 100 Steps. We wouldn't be anywhere near where we are without you Nige, so all the Directors say a **massive thank you!**

This does leave a big gap in our spread of Directors. Even if we get a Development Officer, we'll still need Directors to oversee that post and steer them where the community needs them to go, though the hands-on work may be less.

Cromarty West Church

Christmas Calendar

Wednesday 1st December at 4pm - Launch of the West Church and St. Regulus Cromarty Advent Window Trail will take place at Hugh Miller's Cottage. We invite everyone to pop along and join in with the revealing of the first Advent Window.

Friday 17th December - 4.30pm - 6pm - Come along and decorate a bauble to hang on the Christmas Tree. For the first time, we're putting a tree at the entrance to the Church, and we'd like your help to decorate it. We will have carols playing, mulled wine and other drinks, mince pies and cake to enjoy whilst you decorate. This event is for the whole community: young or old, please come along and enjoy some Christmas festivities. 🎄

Christmas Eve - 4pm starting at St. Regulus, THE ADVENT WINDOW TRAIL PARADE! Join us at St. Regulus for the revealing of the first of the Double Doors Advent Windows. Come dressed as a shepherd or an angel or as something festive and join Mary and Joseph and Father Christmas, as we make our way to the West Church for the revealing of the second Double Doors Advent Window. Mince pies and mulled wine and some carolling are on the cards to warm us up before we head home.

The West Church and St. Regulus Cromarty Advent Window Trail 2021

Our trail launches today, Wednesday 1st December at 4.00pm.

Come and join us at Hugh Miller's Cottage

For the Launch of this year's Trail and the Revealing of the First

Advent Window

Our thanks go to the National Trust and Hugh Miller team who will be providing some sweet treats to celebrate the launch, and for also agreeing to be No. 1 on the Trail.

Thanks also to Liz Hall who puts together all the materials for us and an especially big thank you to the Art Department at Fortrose Academy, who saved the day and supplied us with the last two sheets of card that we needed.

On Christmas Eve we will meet at St. Regulus for the first of two Advent Window Reveals. Come and join Mary and Joseph, Father Christmas and the Advent Trail Team for a parade from St. Regulus to the West Church. If you feel like dressing up as a Shepherd or an Angel, or donning something festive, we'd love you to come and join us on the Parade. There will be hot drinks and refreshments awaiting us at the West Church, where we will reveal the final Window in the Trail. We hope that lots of you will come and join us.

Enjoy the Trail



Christmas Eve Watchnight Service - 11.00pm –

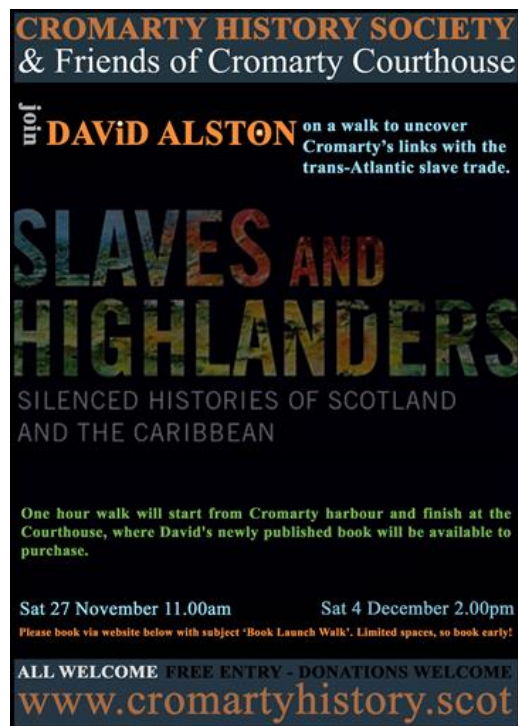
More mince pies and hot drinks after midnight!

Sunday 5th, 12th, 19th and 26th December -

Morning Worship at 10.30am. Tea, coffee and cake before and after the service. If you're out for a stroll, pop in for a warm drink. There is no obligation to stay for the service.

All activities and services will comply with Church of Scotland covid guidelines.

**Cromarty Courthouse Museum
and History Society**



The fourth of David Alston's "Slavery and Highlanders" walks will take place on Saturday 4 December, starting from the harbour at 2.00pm and finishing at the Courthouse at 3.00pm. If you would like to come along, please book via the [Cromarty History Society](http://www.cromartyhistory.scot) website. The walk uncovers Cromarty's links with the trans-Atlantic slave trade.

The Courthouse Museum shop will be open from 2.00pm until 4.00 pm that day for some Christmas shopping and David's newly published book will be available to purchase. Please come along and support the museum. If you would like a copy of David's book and cannot make this date, please drop a note to courthousecromarty@gmail.com with your contact details and let us know if you would like your copy to be signed. We will then make suitable arrangements with you.

Just to give you a "heads up" - we are planning to restart Cromarty History Society meetings in January (Thursday 20th) - details in next month's newsletter.



Cromarty Arts Trust

There are still tickets available for our final two events of the year:

MARTIN STEPHENSON (pictured below)

Saturday 4th December, 8pm (doors 7.30pm), Stables.
£12.

It seems appropriate that our first gig in two years features one of our all-time favourite and most popular performers! Prepare for an evening of humour, spontaneity and jaw-dropping musical talent.



HATTIE MCGREGOR & FINLAY HAY

Saturday 18th December, 3pm (doors 2.30pm)

£10/school kids go FREE!

Cellist Hattie (from Rosemarkie) and guitarist Finlay formed at the Yehudi Menuhin School and bring a varied programme to this concert.

Purchase tickets via info@cromartyartstrust.org.uk , phone 01381 600354 or on the door. Masks are to be worn when moving around but not compulsory once seated.



Are you stuck for a Christmas gift idea? Why not give one of our fabulous **GIFT VOUCHERS** to that special person? Choose ANY amount for your voucher and it can be redeemed against ANY of our events - workshops, courses, gigs, concerts, talks, etc (doesn't include hires/rentals, accommodation or non-CAT organised events). A thoughtful, unique gift for the creative, culture vulture in your life AND you'll be doing your bit to help a struggling arts charity through these difficult times!

Our 2022 programme will be uploaded to our [website](#) over the next few weeks so keep an eye out: www.cromartyartstrust.org.uk

A Poem to Finish

A member of our editorial team saw this on Facebook and thought it would be a lovely edition to the newsletter. We felt it really summarises what we've been through this

year (and the last...) Thanks for letting us share it,
Rebecca!

Untitled by Rebecca Garratt Schreiber

From the very start it has torn us apart, it's ripped out our
souls and broken our hearts.

An unknown disease, swept in from overseas,
contaminating communities.

A new strain of virus that has made us unable to leave,
unable to breathe, and leaving many to grieve.

People gasping for air, people do not dare get too close
because of fear.

We have been asked to form a worldwide alliance. To
believe in medicine and to trust in science.

Life as we know it no more. For it's been tested to its core.
Life as we know it, no more.

It's hard to remember life back when, back then.

Before the pandemic. Before we lived in fear of getting
sick from this epidemic.

It's harder not knowing if we will have that life again.

If we could turn back time, if we could hit rewind, would
we be kinder to mankind?

Did we take it for granted? Mother Nature, planet earth.
The ocean, the forests, the sky, their worth.

Has it made us change? Do we feel the same? Have we
only got ourselves to blame?

Did we want too much, in such a rush. Did we become so
out of touch. That...

This has forced us to stop, look, listen and feel. To adapt,
to merge, to separate, to yield.

We have been taught a lesson. To lessen the mess, to
reassess, reduce the stress and take time to rest.

Value not achievements, not possessions, not money and
wealth. Instead value experiences, people, nature,
wellbeing and health.

We have all cried, but we have strived, and we have
survived.

Now ask yourself this.

Am I seeing? Feeling? Hearing? And am I effortlessly
breathing?

Yes.

Then I am alive.

And Finally: Merry Christmas!



Have a lovely festive period! A special thanks from Phoebe and Laura to those who helped put up the Christmas lights in the park. The town tree will go up soon but unfortunately, we won't be having a big switch-on due to Covid. But, we hope these lights bring a bit of joy to the town!

And that's all we have for this month. Take care, Merry Christmas, and see you in the new year!

- The Editorial Team

Forward

We hope you've found this an interesting and informative read. Please let us know what you think, or send suggestions and ideas for articles via editor@cromartylive.co.uk

The Cromarty Live Newsletter team is Catriona Mallows, Jon Palmer, Jeremy Price and Laura Shepherd.

The Newsletter is currently sponsored by Cromarty Rising.

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